

What should I discuss with my health care team at each checkup?

This chart lists important things that you should discuss with your health care team at each checkup.

Things to Discuss with Your Health Care Team at Each Checkup	Make Sure to...
Blood glucose records and how you check your blood glucose	<ul style="list-style-type: none">• Share your blood glucose records. Your health care team will ask to see how you are checking your blood glucose to make sure you are doing it right.• Mention if you often have low or high blood glucose.
Weight	<ul style="list-style-type: none">• Talk about how much you should weigh.• Talk about ways to reach your weight goal that will work for you.
Blood pressure	<ul style="list-style-type: none">• Talk about your blood pressure numbers.
Cholesterol	<ul style="list-style-type: none">• Talk about your cholesterol numbers.

(continued)

Things to Discuss with Your Health Care Team at Each Checkup	Make Sure to...
Medicines	<ul style="list-style-type: none"> • Talk about the medicines you are taking. Mention if you are having any problems. • Ask if you should take a low-dose aspirin every day to lower your risk for heart disease.
Feet	<ul style="list-style-type: none"> • Ask to have your feet checked for problems.
Physical activity plan	<ul style="list-style-type: none"> • Talk about what you do to stay active.
Meal plan	<ul style="list-style-type: none"> • Talk about what you eat, how much you eat, and when you eat.
Feelings	<ul style="list-style-type: none"> • Ask about ways to handle stress. • If you are feeling sad or unable to cope with problems, ask for help.
Smoking	<ul style="list-style-type: none"> • If you smoke, ask for help with quitting.
Mouth	<ul style="list-style-type: none"> • If you see signs of problems from diabetes in your mouth, tell your doctor and see your dentist.